

Heart To Heart

HRMC Community Hospice

SPRING ISSUE

2017

WITH SPRING COMES HOPE- EMBRACING NEW LIFE!

Spring is finally here! This means new life, new color, new hope. But for many who are experiencing a loss, the promise of Spring is difficult to envision and even harder when it arrives! Living with our loss through the seasons of change can be a challenge, but with the healing that mourning offers, new ways to live our lives can slowly be brought into view that fill our world with glimpses of hope and love.

With the rain bringing growth and renewal as part of the Spring season, grievers can feel many mixed emotions. No matter how



dark our grief experience, we cannot help but feel the increasing warmth of daylight, and the beauty of blooming trees and budding flowers. This

can bring feelings of anxiety as we feel discord between our outside world and our inside feelings. Sometimes a glimpse of warmth and beauty can be a momentary relief from the grief as we rejoice in new life. At other times it may make us feel pain and sadness as we think about past Springs enjoyed with our loved ones.

Give yourself permission to grieve. The simple act of talking about your love and loss can create an opportunity for growth. As we share our story we can find new ways of looking at things which plant seeds of hopefulness and helps us not to feel so alone and lost. Our tears become nutriment for the seeds as we struggle to grow and find beauty once again in the world.

Create a living memorial! Plant a bulb, a rose bush, a tree, in honor of your loved one. Let your family and friends know you are doing this. If you have the space, create a memorial garden!

As you accept the changes that loss brings, you move forward and maybe even grow in new ways you cannot anticipate at this time. Allowing yourself time to grieve is helping you heal.

Don't give up..... things will get better.

Happy Spring!

Karen K Decker, RN
Hospice Bereavement and Volunteer Coordinator



*"You can't have it without the sun; you can't have it without the rain. Oh, the sunshine and the rain,
The laughter and the pain, together they make rainbows."*

---Matt, from Minnesota, Hospice patient, age 20, shortly before his death

MEET A HOSPICE TEAM MEMBER

Lauren Beals, RN, joined the HRMC Community Hospice team in December 2016. Lauren sees the value in Hospice and says, "Hospice is helping people with being able to have the best life possible at the end of their lives, which is so important." Lauren also says, "It is so rewarding to be able to play a part in someone's journey at the end so they can have peace and comfort and spend quality time with their loved ones."



Lauren graduated from Dakota Wesleyan University and has been a nurse for 7 years. Lauren has 2 boys, Kenny, 10, and Liam, 5. Lauren says they keep her pretty busy!

Welcome to the team, Lauren. Thank you for making a difference in the lives of our patients and their families.

HOSPICE VOLUNTEERS

Hospice volunteers are an integral part of the Hospice team and come in all ages, from all walks of life with a variety of backgrounds and interests – all with one thing in common - the desire to share something of themselves for the well-being of others. As a volunteer at HRMC Hospice, you join a team which has earned the respect of many individuals and organizations. It is both a practice and a policy to treat volunteers as integral members of the team and you will be supported in whichever role you might choose. If you are interested in becoming a Hospice Volunteer, call Karen Decker, Volunteer Coordinator, at the Hospice office, 353-6520.

*The last good thing
that may happen in a
person's life is a
hospice volunteer.*

FROM THE HRMC FOUNDATION

And they're off...

This year Papa Luigi and his friends traveled to the Kentucky Derby to support the HRMC Community Hospice program.

More than 300 guests attended the 18th annual "A Night with Papa Luigi," and helped raise nearly \$40,000 to ensure that hospice care is available for anyone in our

community.

Once again, the community demonstrated its unyielding support for high-quality, local health care. Papa Luigi would not have been possible without the support of all of the sponsors. You can see the full list in the most recent *WellOne Connection* newsletter.

I would also like to thank the family of Shirley Radke for their willingness to share their experience of how hospice helps the patient as well as the family. If you would like to see the video please visit our website.

Your generous donations to the HRMC Foundation hospice endowment help ensure that any patient can have the care they need. Your support is the difference for so many people. If you would like to join the many sponsors and attendees of Papa Luigi in supporting hospice, please fill out the back page of this newsletter or you can go online to www.hrmcfoundation.org/donate-now.

Thank you for your generosity!

Paul Rann
Executive Director

For more information, please visit our website www.hrmcfoundation.org, find us on Facebook or contact me at 605-353-6315.

Changes to Donor Recognition

To avoid duplication in mailings from HRMC, beginning with the Spring edition the donation list will no longer be published in the Hospice Newsletter. You will find the donor list in the *Well One Connection*.



Memorial Day was originally known as Decoration Day. It began following the Civil War but did not become an official federal holiday until 1971 and is now set aside to honor the men and women who sacrificed their lives for our freedoms throughout the history of our nation. The total of American servicemen and women who have lost their lives in all U.S. wars is over 1.1 million.

(source: U.S. Dept of Veterans Affairs)



JUNE IS PTSD AWARENESS MONTH

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. PTSD is a complex and serious disorder that affects Veterans from every conflict. The symptoms of PTSD may disrupt the person's life, making it hard to continue daily activities. All Veterans with PTSD have lived through a traumatic event that caused them to fear for their lives, see horrible things, and feel helpless. Strong emotions caused by the event create changes in the brain that may result in PTSD. When a Veteran has PTSD, dealing with the past can be difficult, and feelings are generally kept "bottled up". Treatment is provided by qualified VA staff.

It is estimated that about 30% of Vietnam Veterans have had PTSD in their lifetime. About 12 % of Gulf War Veterans have PTSD in a given year. About 11-20 % of Veterans who served in Operation Iraqi Freedom (OIF) or Operation Enduring Freedom (OEF) have PTSD in a given year. *

For more information on PTSD, symptoms, treatment, how to help someone you love that has PTSD or that is at risk, or for information on how to connect with support in your community, visit www.ptsd.va.gov

*source: VA.Gov Information updated October 2016



HRMC Community Hospice is a Level 1 partner with the We Honor Veterans program, a project of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA). This coalition is designed to empower hospice professionals to meet the unique needs of Veterans at end-of-life and provide support for their families.

"Ensuring Excellent Care for Our Nation's Veterans"

ALZHEIMERS

The Huron Area Alzheimer's and Aging Support group is meeting on the second Thursday of month at 2 P.M. at the SunQuest Village library room. This support group which is sponsored by SunQuest Healthcare Center and the Alzheimer's Association is hoping to provide support and comfort to those with Alzheimer's and related dementias as well as caregivers. Our goals are that people will develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs, and concerns, and to learn about community resources. Guest speakers will be invited to talk about different topics as well. The next meeting will be on June 8. All are welcome to attend and light refreshments will be served. Please contact Jenny Sorben, Social Worker at SunQuest Healthcare Center at 352-8471 with any questions.

alz.org | alzheimer's association

DO YOU NEED A SPEAKER



HRMC Community Hospice would love to speak at your next service club or community function. We enjoy meeting the needs in our community and one of these is informing you about us. Please contact the Home Care Office at 353-6520 to schedule a speaker.

Stay connected with HRMC news by visiting us on line at: www.huronregional.org or visit our Facebook page: Huron Regional Medical Center .

Fresh Summer Salad

3 medium tomatoes chopped, or 2 cups grape tomatoes, halved
1 med green bell pepper, chopped
1 medium Vidalia onion sliced or chopped
2 medium cucumbers, peeled and sliced

½ cup white vinegar	3 T vegetable oil
3 T sugar	Salt/Pepper to taste
Fresh parsley	Dill weed

Mix vinegar, oil, sugar and seasonings. Pour over veggies. Mix. Chill.



DONATIONS TO THE HOSPICE COMFORT CARE BAGS PROJECT

Proceeds from our Valentine's Day fundraiser this year totaled \$276! Thank you to all who purchased fudge and/or carnations! The money is used to purchase items for the Comfort Care Bags, including Care Notes and other grief support and educational literature for our Hospice patients and families.

Our Comfort Care Bags are delivered to each patient soon after they have begun the Hospice program as a gesture of care, to bring some light, warmth, and encouragement into their lives and the lives of their families. The bags include a blanket or quilt made by volunteers, Care Notes from the bereavement office, small notebooks for journaling, puzzle books, and comfort items such as lotion, hand sanitizer, lip balm, tissues, socks, hard candy, and other items.

Recently, the American Lutheran Church Women partnered with Hospice on the Comfort Care Bags project. Over several months church members have collected items along with loose change offerings totaling more than \$300. Pictured below, from left, are Dorene Eckman, ALC Pastor Steve Brandsrud, Janice Peterson, Bev Freng, and Karen Decker, RN, HRMC Bereavement and Volunteer Coordinator. HRMC is grateful for these gifts for our patients and families. Many will benefit from this demonstration of compassion for others.



Please become a Friend of Hospice.....

- Supporting Member (\$5.00)
- Contributing Member (\$25.00)
- Endorsing Member (\$50.00)

- Sustaining Member (\$100.00)
- Lifetime Member (\$1,000.00)
- Heritage Society Member
(HRMC is in my estate plan)

Name: _____

Address: _____

City: _____ ST: _____

Zip: _____ Phone: _____

Email: _____

- I am interested in including HRMC Hospice in my estate plan. Please contact me with more information.

Please mail to : HRMC Community Hospice 172 4th St SE, Huron SD 57350

As provided by law, gifts to HRMC Foundation - Community Hospice Fund are tax deductible gifts to the extent allowed by law. A formal confirmation of your gift will be sent to you.

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